

# Intrauterine Devices and Pelvic Inflammatory Disease: Dispelling the Myth

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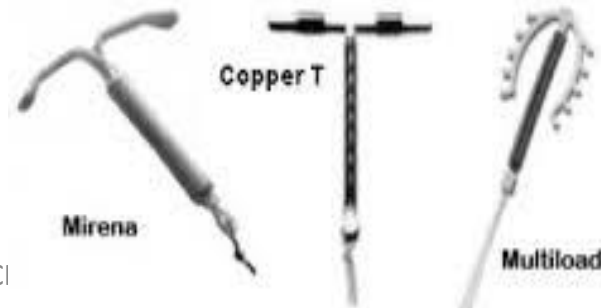
# Sexual Health

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I have no actual or potential conflict of interest in relation to this presentation.

## IUDs and PID: Dispelling the Myth

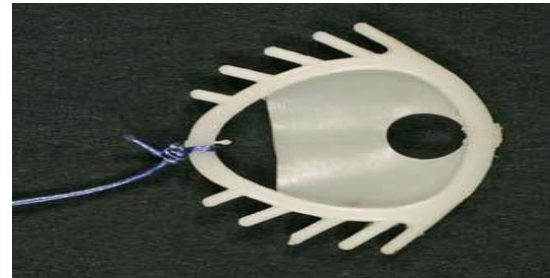
- IUD have been widely available since the 1960s
- Highest satisfaction rates and continuation rates of any contraceptive method
- Contraceptive CHOICE project
- Efficacy greater than 99% with modern IUDs



[www.choiceproject.wustl.edu/#CI](http://www.choiceproject.wustl.edu/#CI)

## IUDs and PID: Dispelling the Myth

- Legacy of the Dalkon Shield
- Thought to be responsible for 18 deaths and 200,000 infections or other complications
- Perpetuated the myth that women who had multiple sexual partners would be at higher risk of PID
- Particularly applied to young, nulliparous women



## IUDs and PID: Dispelling the Myth

- Taylor, 24yo
- “Serial monogamist”
- Travels frequently
- Nulliparous

Is she suitable for an IUD?



## IUDs and PID: Dispelling the Myth

- Data from 12 randomised studies of IUDs showed an overall rate of PID of 1.6 cases per 1,000 woman-years of used
- 2 other retrospective cohort studies showing PID occurred in less than 1 and 2% of patients regardless of IUD type or age
- PID risk was elevated only for the 20 days following insertion and following that returned to baseline for up to 8 years post insertion

## IUDs and PID: Dispelling the Myth

- 4 studies of women treated for PID acquired with an IUD in situ
- No overall difference in outcome for women who retained the IUD compared to those who had it removed
- Treat as for PID without an IUD and review 24-72 hours later



## IUDs and PID: Dispelling the Myth

- Prospective study of women age 18-30 years
- 29% rated pain with insertion as moderate
- 36% rated pain as severe
- Overall satisfaction rate: 83% were happy or very happy
- 12 month continuation rate was 89%



## IUDs and PID: Dispelling the Myth

- In 2011 estimated rates of IUD use in Australia was 3.2% compared to 35% in Vietnam and Egypt and 30% in China
- 13.9% of women world wide have an IUD
- Continuing public and professional perception is that IUDs cause an increased risk of complications particularly in young women



## IUDs and PID: Dispelling the Myth

- Strong evidence to indicate risk of PID is related to the insertion process
- Overall baseline risk of PID is the same as non IUD users 20 days post insertion
- Concerns around PID should not be a barrier to accessing IUDs which continue to be among the most effective and well tolerated contraceptive methods

## References

Contraceptive CHOICE project: [www.choiceproject.wustl.edu/#CHOICE](http://www.choiceproject.wustl.edu/#CHOICE)

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